



**One-to-One Tuition** enables the golfer the flexibility to book a one off session, or series of sessions with any of the team experts at any time at their convenience

**An Initial Assessment** involves on-course observation, a musculoskeletal screening with a physiotherapist, 3D motion analysis, an analysis of putting mechanics using putting analysis technology and a discussion around current practice behaviours.

*\*Approximate time 5 hours*

**Bespoke Individual Performance Programs** give the golfer the freedom to design their own organic, bespoke and individualized program. They can build their own unique road map to change based around their needs and desired financial commitment.

They can set their chosen amount of hours coaching per month/annum with any member, or all of the team and the time can be used in a multitude of ways giving experiences that utilise the integrated team of holistic practitioners.

Typical experiences will expose the golfer to a greater way of quantifying their game in a more scientific, evidence based manner.

The golfer can choose numerous methods of improvement from physiological/biomechanical training, psychological training, putting and green reading, goal setting, practice plans and regimes, regular skype calls, play with the professional, 3D motion analysis/biofeedback training, Trackman/video swing analysis, equipment assessments, skills testing/pressure practice, statistical analysis, physical training, tournament preparation and support.

These programs give the golfer the complete biological, tactical and psychological development opportunity

**Annual Packages** offer the golfer the opportunity to take advantage of the full team over the year. These 'all under one roof' packages can be formulated in a bespoke manner.

**Development Camps** offer the golfer the opportunity to join the team at one of the training camps that are listed in the upcoming events